

# Treatment Decision Support

Helping you when it's time to choose whether to have surgery



Nobody looks forward to the idea of going in for surgery. It can be scary to think about. And unless surgery is needed to treat a life-threatening condition, it can be hard to decide whether surgery is the right choice.

## About Treatment Decision Support (TDS)

Your medical benefits include access to specially trained registered nurses who can help you review your options when the choice isn't clear. Their job is to give you the information you need to feel comfortable working with your doctor to pick a plan that fits your personal treatment needs.

## How it works

If you need treatment for one of several conditions that could involve surgery, a TDS nurse will contact you by phone. They can help you better understand your condition, and answer questions such as:

- What are the different treatment options? What are the risks and benefits?
- What can I expect to pay in out-of-pocket costs?
- What is the recovery time? Will it be difficult?
- Which health care providers or facilities rate high in quality?

## Eligible conditions

The TDS program focuses on helping individuals with five types of medical conditions. We picked these conditions because there may be more than one way to treat them effectively, including surgical options, and they can have significant costs.

- **Musculoskeletal:** Back pain, hip replacement or knee replacement
- **Men's health:** Benign prostate disease or prostate cancer
- **Women's health:** Benign uterine conditions, including hysterectomy, or breast cancer
- **Heart disease:** Coronary artery disease (bypass graft or angioplasty)
- **Obesity:** Bariatric weight loss surgery

*We can help!*

Patients who work with a TDS nurse typically receive more cost-effective care, have better outcomes and are more confident they've made the right decision.